Their Socks Got Knocked Off...
Now What?

Thomas A. McDonald, MD FAAOS
Orthopedic Associates of Hartford

This Photo by Unknown Author is licensed under CC BY-NC
• Enovis – consultant

• Nothing Financially Relevant to this talk
Objectives: At the end of this session/activity, the participant/attendee will be able to:

1. Demonstrate proficiency in performing ankle/foot orthopedic special tests.
2. Interpret test results.
3. Integrate their findings into a comprehensive lower extremity evaluation.
What’s Going On?!
Physical Exam of the Foot and Ankle

Anatomy is King
Seeing is Believing
Start with Gait
Don’t Forget the Knee
The Foot is the Foundation
The Foot can be a little Overwhelming...
Understand the Basics

Inspect

Palpate

- Bony landmarks
- Specific joints, tendons, ligaments

• Motion
• Gait
• Palpation
• Strength
• Neuro
• Special tests
Range of Motion

Dorsiflexion/Plantarflexion = Hindfoot
Supination/Pronation = Midfoot/Forefoot
Supination is to Inversion as Pronation is to Eversion
Alignment: Pes Cavus, Pes Planus
Too Many Toes Sign – STAND UP!

The Value of Weight Bearing Exam
Specialized Tests and Findings

- Ankle Sprain
- High Ankle Sprain?
- Achilles
- Anterior Process Calcaneal Fracture
- Peroneal Tendon Dislocation
- LisFranc
- Subtalar dislocation

Resisted Eversion
APC palpation
Plantar Ecchymosis
Thompson Test
Proximal Squeeze
Anterior Drawer

#youknowitwhenyouseeit
Connecting the Dots between:
Anatomy
Mechanism
Physical Exam
Diagnosis
References

- Foot and Ankle Disorders - An Illustrated Reference,  Springer 2016
- Coughlin and Mann’s Surgery of the Foot and Ankle